

Don't know who to call for support?



Do you have the occasional bad day, but feel like it is manageable?



Self-Care and Relaxation

Call Friends and Family
or **Online self-help resources**
via lancaster.ac.uk/wellbeing

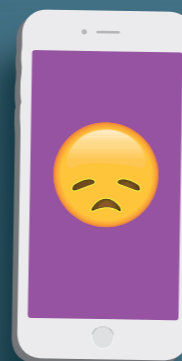


Do you want support with university life and personal concerns or advice about who to talk to?



College Advisor Team

Email your **College Advisor Team**
or Postgraduates email
gradwellbeing@lancaster.ac.uk



Do you have mild to moderate mental health difficulties or support with general wellbeing?

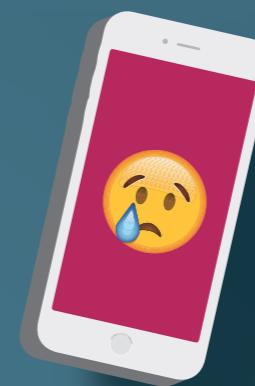


Low intensity therapeutic groupwork programme or one-to-one



College Wellbeing Officer

lancaster.ac.uk/wellbeing
or Email your **College Advisor Team** or **Your Doctor**



Do you have a mental health diagnosis or severe/enduring mental health difficulties?



One-to-one or therapeutic groupwork programme



Mental Health Advisor or Counsellor. Referral to external services if required

lancaster.ac.uk/wellbeing
or **Your Doctor**



Are you vulnerable or at risk to yourself or others, and possibly in need of emergency help?



Emergency Services or NHS

NHS Direct - 111
or **Your Doctor**
In case of emergency:
On campus: call 999, followed by security who can direct them on 01524 594541
Off campus: call 999

Glossary

Counsellors: Trained professional, to work to help explore the root of psychological issues and develop coping strategies for university life

Mental Health Advisors: Trained professional, to work with students to help manage risk and severe/enduring mental health issues and develop coping strategies for university life

College Wellbeing Officers: Trained professional, work with students to support their wellbeing and mild/moderate mental health issues and develop coping strategies for university life

College Advisory Team: Members of staff, who offer guidance on practical issues and signpost to support services

Mild to moderate mental health: When a person has a number of symptoms that have a limited or moderate effect on their daily life

Severe/enduring mental health: When a person has many symptoms that can make their daily life extremely difficult for a prolonged period of time